



# SPIRITUAL INTELLIGENCE AND RESILIENCE AMONG ADOLESCENTS

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## ABSTRACT

The aim of the study was to analyze the relationship of spiritual intelligence and Resilience among Adolescents. Spiritual intelligence is understanding of the inner self and the feeling of connectedness with a supreme self. Resilience is the ability to bounce back from stressful and adverse situations. A correlational design with purposive sampling was opted for the study. The study consisted of 60 adolescents aged between 12 and 16 years residing in Bangalore. The sample were administered Spiritual Intelligence Questionnaire by Abdollahzadeh (2009) and Resilience scale. The responses were scored adequately and results analyzed using Correlation ('r') test to analyze the relationship of spiritual intelligence and Resilience among Adolescents. The results indicated that there was a significant positive correlation between spiritual intelligence and Resilience. The results are discussed in detail also in reference with other studies and implications of the study are highlighted.

**KEYWORDS:** Spiritual Intelligence, Resilience and Adolescents

## INTRODUCTION

Spiritual intelligence is concerned with the internal life of mind and spirit and its association with being in the world. It implies a capability for a deep understanding of existential questions and insight into multiple levels of consciousness. It is more than individual mental skill. In addition to self-awareness, it implies awareness of our relationship to the transcendent, to each other, to the earth and all beings.

Spiritual intelligence is our ability for creating significance, vision and worth. Spirituality is one of the most important sources of strength and direction in peoples' lives. Spiritual intelligence refers to the human capacity for existential questioning and seeking deeper meaning about one's relationship to the world. Spiritual intelligence is a higher dimension of intelligence beyond the ego that has access to the mature qualities and advanced capabilities of the true self, in the form of wisdom, compassion, integrity, joy, love, creativity, and peace. Resilience is the capacity to cope with and adapt to stress, challenges, and change. Resilience also represents successful adaptation in the face of difficulties. In addition, the process of adaptation is affected by numerous factors and their connections in a person's environment. Adolescence is a very critical and important phase associated with physiological, psychological, cognitive and socio-emotional changes. At this stage of life, youth are required to act in accordance with social roles, engaging with peers and making important decisions regarding their future career. Adolescent stage is important step for Psychological and social development. King that indicated spiritual intelligence's capacity increase resilience and suggests that those with higher spiritual intelligence are more able to adapt and cope with difficulties by relying on internal strengths.

## REVIEW OF LITERATURE

Barmi B et al. (2019) [5] conducted a study to understand the connection between resilience and spiritual intelligence of rehabilitation staff. International Journal of Literacy and Education <https://www.educationjournal.info> ~ 174 ~ The resilience of rehabilitation professionals and spiritual intelligence were significantly correlated ( $r = 0.38$ ). The findings suggested that resilience might be raised through raising spiritual intelligence.

Samanta and Satpathy, 2020 found Higher degrees of spirituality and religious belief have been linked to more adaptable coping mechanisms, greater stress resistance, a more positive outlook on life, more perceived social support, and lower levels of anxiety in those in recovery. Although there are different definitions of resilience, psychologists generally concur that it is a multifaceted term made up of both the ability to deal with adversity and the flexibility with which we may react.

Some researchers go further, identifying the following three factors as essential to resilience (Boniwell & Tunariu, 2019) [13]: Boniwell and Tunariu, in their book on Positive Psychology (2019) have given three factors as essential ones for resilience. Recovery which means coming back to normal life stage which existed before the stressor. Resistance that corresponds to a healthy life after the stressor stage and Reconfiguration which means to adjust to change in various circumstances and gaining stability. Spiritual Intelligence and resilience can thus be assumed to possess some degree of similarity or relationship between each other and it is also a topic intensely researched upon.

Another research study by O'Sullivan, L., & Lindsay, N. (2022) [6] was conducted with an aim to focus on the Western

population. The findings showed that, but not for anxiety, spiritual intelligence was substantially related to improved resilience and decreased emotions of stress and depression.

Seena, N., Sundaram, Suresh., (2018) assess the connection between spiritual intelligence, psychological resilience, emotional intelligence and subjective well-being. Intercessions given to the experimental gatherings incorporate CBT, IPT, Yoga (likewise super cerebrum yoga), contemplation and gathering advising, over a time of a quarter of a year. It improves SQ and EQ through all-encompassing intercessions and indispensable view of life.

The Present study is assessed the relationship of spiritual intelligence and Resilience among Adolescents. Spiritual intelligence's capacity increase resilience and suggests that those with higher spiritual intelligence are more able to adapt and cope with difficulties by relying on internal strengths among adolescents.

#### Methodology

#### Problem

The aim was to study the relationship between spiritual intelligence and resilience among adolescents.

#### Objectives

To assess the relationship between spiritual intelligence and resilience among adolescents.

#### Hypothesis

There will be significant relationship between spiritual intelligence and resilience among adolescents.

#### Variables

**Independent variable:** Adolescents aged between 12 and 16 years.

**Dependent variable:** Responses on Spiritual Intelligence Questionnaire and Resilience scale.

#### METHODOLOGY

A within group correlational design with purposive sampling was opted for the study. The study consisted of 60 adolescents, aged between 12 and 16 years residing in Bangalore. The sample were administered Spiritual Intelligence Questionnaire and Resilience scale. The responses were scored and results analyzed using correlation ('r') test to analyze the relationship between spiritual intelligence and resilience among adolescents.

**Sample:** There were 60 adolescents participant in the study age ranging from 12 to 16 years. The data was collected from Bangalore.

	Adolescents
Spiritual Intelligence	30
Resilience	30
Total	60

#### Inclusion criteria:

1. Adolescents aged between 12 and 16 years were only considered.
2. Participants residing in Bengaluru.

#### Exclusion criteria

1. Adolescents with psychiatric disorders were not consider for the study.
2. Physically Challenged students were not consider for the study.

#### Tools

1. Demographic sheet: Devised for the study.
2. Spiritual intelligence questionnaire: (Abdollahzadeh.et.al, 2009). It is a 29-item scale, developed to measure the spiritual quotient. Reliability is 0.89 and Content validity higher than is .03.
3. Resiliency Scales for Children and Adolescence (RSCA) (Prince- Embury, 2007): The Resiliency scales for Children and Adolescents has high reliability and validity.

#### Procedures

Spiritual intelligence questionnaire and Resiliency Scales were administered on 60 adolescents participants aged between 12 and 16 years. Correlation ('r') test was used for statistically analyze of data.

#### Analysis of results

The result was analyzed using Correlation ('r') test to assess the relationship of spiritual intelligence and Resilience among Adolescents.

#### RESULTS AND DISCUSSION

Variables	N	Mean	SD
Spiritual Intelligence	30	36.05	17.62
Resilience	30	3.02	0.63

**Table 1: Showing the descriptive data including the sample size, Mean, Median and Standard Deviation.**

The Mean value for spiritual intelligence and resilience is 36.05 and 3.02 respectively that represents the center of the data. SD value for spiritual Intelligence and resilience is 17.62 and 0.63 indicating the spread the values.

Pearson's Correlation (two tailed test) (N=60) (P value)	Resilience
Spiritual Intelligence	0.012*
*P value is significant at 0.05 level.	

**Table 2: Showing the correlation between spiritual intelligence and resilience.**

Table 2 shows the correlation between Spiritual Intelligence and Resilience among adolescents. It is found that there is significant positive relationship between Spiritual Intelligence and Resilience ( $r=0.012$ ). The results were statistically significant at 0.05 level. Therefore, the hypothesis stated that

there is a significant positive relationship between Spiritual Intelligence and Resilience among adolescents is accepted. The Pearson r value suggests positive correlation amongst the variables which means higher level of spiritual intelligence is related to higher level of resilience.

## CONCLUSIONS

- There is a significant positive relationship between Spiritual Intelligence and Resilience among adolescents.

## Limitations

- The sample was limited to 60 adolescents.
- The study was limited to Bangalore city only.

## Implications

- The results of this study indicate that the spiritual intelligence has a positive association with resilience.
- Enhancing spiritual intelligence to promote resilience behavior of adolescents.
- This finding is consistent with researches that revealed components of resilience are hopefulness, personal control, coping, and religiosity/spirituality.
- Spiritual intelligence's capacity increase resilience and suggests that those with higher spiritual intelligence are more able to adapt and cope with difficulties by relying on internal strengths of the adolescents.
- Resilience also represents successful adaptation in the face of difficulties.

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